

I Am One

I am not.....
my body
my age
my race
my gender
my family
my possessions
my resume
my titles
nor am I entitled.

No, I am not.

I am One
with the Earth, who gives me grounding for solid footing.

I am One
with the Trees, whose branches I lean on for strength, her branches sheltering me
from the storms; her leaves shading me from the heat.

I am One
with the Clouds, whose shapes are beautiful and endless, whose color can turn
ominous, like my soul.

I am One
with the Mountain, whose magnitude humbles me to all I cannot yet know.

I am One
with the Ocean, whose salt cleanses and heals me, washing over me in waves,
sometimes turbulent, sometimes softly.

I am One
with the Moon, whose beams of gold become my beacon in the dark of night.

I am One
with the Stars, whose tranquility and infinity give me pause and wonder.

I am One
with the Sun, illuminating me with a radiant warmth, from the inside out.

I am One
with the Birds, whose song and flight take my soul to new heights with a
dizziness and a fervor.

Yes, I am One
with all of these.

I am One
with you.

We are One

by **Jeanie McCabe**

*inspired by the Japanese practice of Shinrin-Yoku,
the Haudenosaunee Thanksgiving prayer, and
the Buddhist philosophy of Impermanence*